

USDA Nutrient Database for Standard Reference, Release 14

Potassium, K (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	64
14003	Alcoholic beverage, beer, regular	355	12 fl oz	89
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	13
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	1
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	1
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	1
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	100
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	95
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	95
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	115
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	82
11001	Alfalfa seeds, sprouted, raw	33	1 cup	26
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	295
09011	Apples, dried, sulfured, uncooked	32	5 rings	144
09003	Apples, raw, with skin	138	1 apple	159
09004	Apples, raw, without skin	110	1 cup	124
09020	Applesauce, canned, sweetened, without salt	255	1 cup	156
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	183
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	286
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	361
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	403
09032	Apricots, dried, sulfured, uncooked	35	10 halves	482
09021	Apricots, raw	35	1 apricot	104
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	595
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	425
11015	Asparagus, canned, drained solids	72	4 spears	124
11012	Asparagus, cooked, boiled, drained	60	4 spears	96
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	392
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	131
09038	Avocados, raw, California	28.35	1 oz	180
09039	Avocados, raw, Florida	28.35	1 oz	138
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	105
18005	Bagels, cinnamon-raisin	89	4" bagel	132
18003	Bagels, egg	71	3-1/2" bagel	48
18003	Bagels, egg	89	4" bagel	61
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	72
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	90
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	331
19078	Baking chocolate, unsweetened, squares	28.35	1 square	236
11028	Bamboo shoots, canned, drained solids	131	1 cup	105

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09040	Bananas, raw	118	1 banana	467
09040	Bananas, raw	150	1 cup	594
20006	Barley, pearled, cooked	157	1 cup	146
20005	Barley, pearled, raw	200	1 cup	560
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	752
16008	Beans, baked, canned, with franks	259	1 cup	609
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	673
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	759
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	611
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	692
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	658
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	713
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	670
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	800
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	147
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	374
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	170
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	147
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	374
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	170
16051	Beans, white, mature seeds, canned	262	1 cup	1189
22905	Beef stew, canned entree	232	1 cup	404
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	196
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	224
13348	Beef, cured, corned beef, canned	85.05	3 oz	116
13350	Beef, cured, dried beef	28.35	1 oz	126
13298	Beef, ground, extra lean, cooked, broiled, medium	85	3 oz	266
13305	Beef, ground, lean, cooked, broiled, medium	85	3 oz	256
13312	Beef, ground, regular, cooked, broiled, medium	85	3 oz	248
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	256
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	318
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	240
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	262
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	308
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	336
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	311
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	343
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	309

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11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1309
11084	Beets, canned, drained solids	24	1 beet	36
11084	Beets, canned, drained solids	170	1 cup	252
11081	Beets, cooked, boiled, drained	170	1 cup	519
11081	Beets, cooked, boiled, drained	50	1 beet	153
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	73
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	122
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	42
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	39
09042	Blackberries, raw	144	1 cup	282
09055	Blueberries, frozen, sweetened	230	1 cup	138
09050	Blueberries, raw	145	1 cup	129
07008	Bologna, beef and pork	56.7	2 slices	102
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	113
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	63
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	324
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80
18023	Bread, cornbread, dry mix, prepared	60	1 piece	77
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	96
18025	Bread, cracked-wheat	25	1 slice	44
18027	Bread, egg	40	1/2" slice	46
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	28
18031	Bread, indian (navajo) fry	160	10-1/2" bread	118
18031	Bread, indian (navajo) fry	90	5" bread	67
18033	Bread, italian	20	1 slice	22
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	53
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	53
18039	Bread, oatmeal	27	1 slice	38
18040	Bread, oatmeal, toasted	25	1 slice	39
18041	Bread, pita, white, enriched	28	4" pita	34
18041	Bread, pita, white, enriched	60	6-1/2" pita	72
18044	Bread, pumpernickel	32	1 slice	67
18045	Bread, pumpernickel, toasted	29	1 slice	66
18047	Bread, raisin, enriched	26	1 slice	59
18048	Bread, raisin, toasted, enriched	24	1 slice	59
18053	Bread, reduced-calorie, rye	23	1 slice	23
18055	Bread, reduced-calorie, wheat	23	1 slice	28
18057	Bread, reduced-calorie, white	23	1 slice	17
18060	Bread, rye	32	1 slice	53
18061	Bread, rye, toasted	24	1 slice	44
18064	Bread, wheat (includes wheat berry)	25	1 slice	50
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	50

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	30
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	54
18070	Bread, white, commercially prepared, toasted	22	1 slice	29
18075	Bread, whole-wheat, commercially prepared	28	1 slice	71
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	71
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	320
21023	Breakfast items, french toast with butter	135	2 slices	177
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	108
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	456
11740	Broccoli, flower clusters, raw	11	1 floweret	36
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	331
11090	Broccoli, raw	88	1 cup	286
11090	Broccoli, raw	31	1 spear	101
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	495
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	504
20011	Buckwheat flour, whole-groat	120	1 cup	692
20010	Buckwheat groats, roasted, cooked	168	1 cup	148
20013	Bulgur, cooked	182	1 cup	124
20012	Bulgur, dry	140	1 cup	574
01001	Butter, with salt	14.2	1 tbsp	4
01145	Butter, without salt	14.2	1 tbsp	4
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	631
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	268
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	146
11109	Cabbage, raw	70	1 cup	172
11112	Cabbage, red, raw	70	1 cup	144
11114	Cabbage, savoy, raw	70	1 cup	161
18086	Cake, angelfood, commercially prepared	28	1 piece	26
18088	Cake, angelfood, dry mix, prepared	50	1 piece	68
18090	Cake, boston cream pie, commercially prepared	92	1 piece	36
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	128
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18110	Cake, fruitcake, commercially prepared	43	1 piece	66
18116	Cake, gingerbread, prepared from recipe	74	1 piece	325
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	129
18120	Cake, pound, commercially prepared, butter	28	1 piece	33
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	31
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	69
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	61
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	37
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96
18133	Cake, sponge, commercially prepared	30	1 shortcake	30
18134	Cake, sponge, prepared from recipe	63	1 piece	89

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18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	111
18139	Cake, white, prepared from recipe without frosting	74	1 piece	70
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	114
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	34
19074	Candies, caramels	10.1	1 piece	22
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	7
19071	Candies, carob	28.35	1 oz	179
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	18
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	30
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8
19104	Candies, fudge, vanilla, with nuts, prepared-from-recipe	15	1 piece	17
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	4
19107	Candies, hard	6	1 piece	0
19107	Candies, hard	3	1 small piece	0
19109	Candies, HERSHEY, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	122
19143	Candies, HERSHEY, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	219
19150	Candies, HERSHEY, REESE'S Peanut Butter Cups	45	1 package (contains 2)	158
19164	Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar	8.4	1 miniature	25
19108	Candies, jellybeans	28.35	10 large	10
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	69
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	19
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	147
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	43
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	185
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	3
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	169
19126	Candies, milk chocolate coated peanuts	40	10 pieces	201
19127	Candies, milk chocolate coated raisins	10	10 pieces	51
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	182
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	27
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	151
19080	Candies, semisweet chocolate	168	1 cup	613
09060	Carambola, (starfruit), raw	91	1 fruit	148
09060	Carambola, (starfruit), raw	108	1 cup	176
14121	Carbonated beverage, club soda	355	12 fl oz	7
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	4
14136	Carbonated beverage, ginger ale	366	12 fl oz	4
14142	Carbonated beverage, grape soda	372	12 fl oz	4
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	4

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14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	7
14150	Carbonated beverage, orange	372	12 fl oz	7
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	4
14157	Carbonated beverage, root beer	370	12 fl oz	4
16055	Carob flour	8	1 tbsp	66
11655	Carrot juice, canned	236	1 cup	689
11960	Carrots, baby, raw	10	1 medium	28
11128	Carrots, canned, regular pack, drained solids	146	1 cup	261
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	354
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	231
11124	Carrots, raw	110	1 cup	355
11124	Carrots, raw	72	1 carrot	233
11935	Catsup	6	1 packet	29
11935	Catsup	15	1 tbsp	72
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	176
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	77
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	250
11135	Cauliflower, raw	100	1 cup	303
11135	Cauliflower, raw	13	1 floweret	39
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	426
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	107
11143	Celery, raw	120	1 cup	344
11143	Celery, raw	40	1 stalk	115
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	60
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	162
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	24
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	89
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	44
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	52
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	32
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	53
08266	Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES	30	3/4 cup	56
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	85
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	27
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	171
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	41
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	54
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	218
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS	30	3/4 cup	62

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08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	36
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	30	3/4 cup	97
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	34
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	287
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	18
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	116
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	104
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	30	1/2 cup	342
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	32
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	60
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	175
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	25
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	23
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	35
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	32
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	20
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	41
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	437
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	42
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	19
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	42
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	55
08319	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	186
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular	51	1 cup	170
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	196
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	35
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	26	3/4 cup	37
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	62
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	214
08220	Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins	50	1/2 cup	169
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	50	1 cup	113
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	79
08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	49	1 cup	185
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	16
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbs	67
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	53

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08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	53
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	45
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	43
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	31
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	99
08121	Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt	234	1 cup	131
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	38
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	112
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	106
08143	Cereals, WHEATENA, cooked with water	243	1 cup	187
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	79
01164	Cheese sauce, prepared from recipe	243	1 cup	345
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	69
01004	Cheese, blue	28.35	1 oz	73
01007	Cheese, camembert	38	1 wedge	71
01009	Cheese, cheddar	28.35	1 oz	28
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	176
01013	Cheese, cottage, creamed, with fruit	226	1 cup	151
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	194
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	217
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	46
01017	Cheese, cream	14.5	1 tbsp	17
01186	Cheese, cream, fat free	15.6	1 tbsp	25
01019	Cheese, feta	28.35	1 oz	18
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	19
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	27
01026	Cheese, mozzarella, whole milk	28.35	1 oz	19
01030	Cheese, muenster	28.35	1 oz	38
01031	Cheese, neufchatel	28.35	1 oz	32
01032	Cheese, parmesan, grated	5	1 tbsp	5
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	46
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	61
01035	Cheese, provolone	28.35	1 oz	39
01037	Cheese, ricotta, part skim milk	246	1 cup	308
01036	Cheese, ricotta, whole milk	246	1 cup	258
01040	Cheese, swiss	28.35	1 oz	31
18147	Cheesecake commercially prepared	80	1 piece	72

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	239
09070	Cherries, sweet, raw	68	10 cherries	152
22906	Chicken pot pie, frozen entree	217	1 small pie	256
07017	Chicken roll, light meat	56.7	2 slices	129
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	254
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	213
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	134
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	112
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	108
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	229
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	221
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	165
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	124
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	68
05277	Chicken, canned, meat only, with broth	142	5 oz	196
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	27
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	283
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	413
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	477
22904	Chili con carne with beans, canned entree	222	1 cup	608
11156	Chives, raw	3	1 tbsp	9
14181	Chocolate syrup, without added nutrients	18.75	1 tbsp	42
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	128
14177	Chocolate-flavor beverage mix, powder, prepared with milk	266	1 cup	497
14196	Cocoa mix, with aspartame, powder, without added calcium or phosphorus, with added sodium and vitamin A	15	1/2 oz envelope	405
14390	Cocoa mix, with aspartame, prepared from item 14196	192	1 serving	405
14192	Cocoa mix, without added nutrients, powder	28.35	3 heaping tsp	202
14194	Cocoa mix, without added nutrients, powder, prepared with water	206	1 serving	202
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	96
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	64
18104	Coffeeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	77
11159	Coleslaw, home-prepared	120	1 cup	217
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	494
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	427
18151	Cookies, brownies, commercially prepared	56	1 brownie	83

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	14
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	36
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	18
18170	Cookies, fig bars	16	1 cookie	33
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	19
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113
18177	Cookies, molasses	15	1 cookie, medium	52
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	111
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	36
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	36
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	192
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	343
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	391
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	192
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	241
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	158
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	224
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	235
20020	Cornmeal, whole-grain, yellow	122	1 cup	350
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	91
20028	Couscous, dry	173	1 cup	287
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	690
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	638

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	413
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	478
18214	Crackers, cheese, regular	10	10 crackers	15
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	17
18217	Crackers, matzo, plain	28.35	1 matzo	32
18220	Crackers, melba toast, plain	20	4 pieces	40
18226	Crackers, rye, wafers, plain	11	1 wafer	54
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	15
18229	Crackers, standard snack-type, regular	12	4 crackers	16
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30
18232	Crackers, wheat, regular	8	4 crackers	15
18235	Crackers, whole-wheat	16	4 crackers	48
14242	Cranberry juice cocktail, bottled	253	8 fl oz	46
09081	Cranberry sauce, canned, sweetened	57	1 slice	15
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	29
01069	Cream substitute, powdered	2	1 tsp	16
01049	Cream, fluid, half and half	15	1 tbsp	20
01053	Cream, fluid, heavy whipping	15	1 tbsp	11
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18
01052	Cream, fluid, light whipping	15	1 tbsp	15
01056	Cream, sour, cultured	12	1 tbsp	17
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
18239	Croissants, butter	57	1 croissant	67
18243	Croutons, seasoned	40	1 cup	72
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	223
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	77
15141	Crustaceans, crab, blue, canned (crabmeat)	135	1 cup	505
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	275
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	299
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	179
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101
11206	Cucumber, peeled, raw	280	1 large	414
11206	Cucumber, peeled, raw	119	1 cup	176
11205	Cucumber, with peel, raw	104	1 cup	150
11205	Cucumber, with peel, raw	301	1 large	433
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	244
18245	Danish pastry, cheese	71	1 danish	70
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	59

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09087	Dates, domestic, natural and dry	41.5	5 dates	271
09087	Dates, domestic, natural and dry	178	1 cup	1161
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6
01072	Dessert topping, pressurized	4	1 tbsp	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
19173	Desserts, gelatins, dry mix, prepared with water	135	1/2 cup	1
19176	Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
19123	Desserts, puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	247
19190	Desserts, puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	240
19183	Desserts, puddings, chocolate, ready-to-eat	113	4 oz	203
19193	Desserts, puddings, rice, ready-to-eat	113.4	4 oz	68
19218	Desserts, puddings, tapioca, ready-to-eat	113	4 oz	110
19212	Desserts, puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	193
19201	Desserts, puddings, vanilla, ready-to-eat	113	4 oz	128
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	60
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	14
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	65
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	557
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	117
01143	Egg substitute, liquid	62.75	1/4 cup	207
01124	Egg, white, raw, fresh	33.4	1 large	48
01128	Egg, whole, cooked, fried	46	1 large	61
01129	Egg, whole, cooked, hard-boiled	50	1 large	63
01131	Egg, whole, cooked, poached	50	1 large	60
01132	Egg, whole, cooked, scrambled	61	1 large	84
01123	Egg, whole, raw, fresh	44	1 medium	53
01123	Egg, whole, raw, fresh	58	1 extra large	70
01123	Egg, whole, raw, fresh	50	1 large	61
01125	Egg, yolk, raw, fresh	16.6	1 large	16
01057	Eggnog	254	1 cup	419
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	246
11213	Endive, raw	50	1 cup	157
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	75
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	74
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291
21049	Entrees, pizza with cheese	63	1 slice	110
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	179
21051	Entrees, pizza with pepperoni	71	1 slice	153
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	248
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	328

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Potassium, K (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	445
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	285
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	308
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	335
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	223
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	305
21042	Fast foods, chili con carne	253	1 cup	691
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586
21043	Fast foods, clams, breaded and fried	115	3/4 cup	266
21127	Fast foods, coleslaw	99	3/4 cup	177
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201
21015	Fast foods, danish pastry, cheese	91	1 pastry	116
21017	Fast foods, danish pastry, fruit	94	1 pastry	110
21074	Fast foods, enchilada, with cheese	163	1 enchilada	240
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	199
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	353
21024	Fast foods, french toast sticks	141	5 sticks	127
21077	Fast foods, frijoles with cheese	167	1 cup	605
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	570
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	527
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	251
21118	Fast foods, hotdog, plain	98	1 sandwich	143
21119	Fast foods, hotdog, with chili	114	1 sandwich	166
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	263
21129	Fast foods, hush puppies	78	5 pieces	188
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	169
21078	Fast foods, nachos, with cheese	113	6-8 nachos	172
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	129
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	251
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	586
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1164
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	923
21139	Fast foods, potato, mashed	80	1/3 cup	235
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	267
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	316
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	447
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	184
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335
21033	Fast foods, sundae, hot fudge	158	1 sundae	395
21083	Fast foods, taco salad	198	1-1/2 cups	416
21082	Fast foods, taco, beef	263	1 large	729
21082	Fast foods, taco, beef	171	1 small	474
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	491
09094	Figs, dried, uncooked	38	2 figs	271
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	289
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	449
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	439
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	73
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	149
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	292
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	437
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	599
15034	Finfish, haddock, cooked, dry heat	85	3 oz	339
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	490
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	916
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	59
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	298
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	175
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	329
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	232
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	775
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	442
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	327
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	149
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	277
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	581
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	319
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	338
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	314
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	391
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	375
15128	Finfish, tuna salad	205	1 cup	365
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	176
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	201
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	201
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	484
07022	Frankfurter, beef	45	1 frank	75
07023	Frankfurter, beef and pork	45	1 frank	75
07024	Frankfurter, chicken	45	1 frank	38
18268	French toast, frozen, ready-to-heat	59	1 slice	79

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Potassium, K (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	87
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	74
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	14
19263	Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	41
19270	Frozen desserts, ice cream, chocolate	66	1/2 cup	164
19090	Frozen desserts, ice cream, french vanilla, soft-serve	86	1/2 cup	152
19088	Frozen desserts, ice cream, light (50% of the fat), vanilla	66	1/2 cup	139
19095	Frozen desserts, ice cream, vanilla	66	1/2 cup	131
19089	Frozen desserts, ice cream, vanilla, rich	74	1/2 cup	118
19283	Frozen desserts, ice pops	59	1 bar (2 fl oz)	2
19281	Frozen desserts, ice, italian, restaurant-prepared	116	1/2 cup	7
19097	Frozen desserts, sherbet, orange	74	1/2 cup	71
19393	Frozen desserts, yogurt, chocolate, soft-serve	72	1/2 cup	188
19293	Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	152
19294	Fruit butters, apple	17	1 tbsp	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	218
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	225
14267	Fruit punch drink, canned	248	8 fl oz	62
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	328
11215	Garlic, raw	3	1 clove	12
14277	Grape drink, canned	250	8 fl oz	13
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	334
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	53
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	160
09124	Grapefruit juice, canned, sweetened	250	1 cup	405
09123	Grapefruit juice, canned, unsweetened	247	1 cup	378
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	336
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1002
09404	Grapefruit juice, pink, raw	247	1 cup	400
09128	Grapefruit juice, white, raw	247	1 cup	400
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	159
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	175
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	328
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	296
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	93
06116	Gravy, beef, canned	58.25	1/4 cup	47
06119	Gravy, chicken, canned	59.5	1/4 cup	65
06121	Gravy, mushroom, canned	59.6	1/4 cup	63

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	48
06125	Gravy, turkey, canned	59.6	1/4 cup	65
07027	Ham, chopped, not canned	21	2 slices	67
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	198
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	188
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	365
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	408
11961	Hearts of palm, canned	33	1 piece	58
19296	Honey, strained or extracted	21	1 tbsp	11
02055	Horseradish, prepared	5	1 tsp	12
16158	Hummus, commercial	14	1 tbsp	32
19297	Jams and preserves	20	1 tbsp	15
19300	Jellies	19	1 tbsp	12
11226	Jerusalem-artichokes, raw	150	1 cup	644
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	50
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	252
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	561
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	266
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	278
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	320
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	268
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	260
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	287
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	505
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	495
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	80
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	140
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	102
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09153	Lemon juice, canned or bottled	244	1 cup	249
09153	Lemon juice, canned or bottled	15.2	1 tbsp	16
09152	Lemon juice, raw	47	juice of 1 lemon	58
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	37
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	3
09150	Lemons, raw, without peel	58	1 lemon	80
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	731
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	19
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	419
11251	Lettuce, cos or romaine, raw	56	1 cup	162
11251	Lettuce, cos or romaine, raw	10	1 leaf	29
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	13
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	852
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	87
11253	Lettuce, looseleaf, raw	56	1 cup	148
11253	Lettuce, looseleaf, raw	10	1 leaf	26
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	740
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	694
16073	Lima beans, large, mature seeds, canned	241	1 cup	530
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	955
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	12
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	185
09160	Lime juice, raw	38	juice of 1 lime	41
22247	Macaroni and Cheese, canned entree	252	1 cup	123
20100	Macaroni, cooked, enriched	140	1 cup	43
14315	Malted milk-flavor mix, chocolate, added nutrients, powder	21	3 heaping tsp	251
14316	Malted milk-flavor mix, chocolate, added nutrients, powder, prepared with milk	265	1 cup	620
14309	Malted milk-flavor mix, natural, added nutrients, powder	21	4-5 heaping tsp	203
14310	Malted milk-flavor mix, natural, added nutrients, powder, prepared with milk	265	1 cup	572
09176	Mangos, raw	207	1 mango	323
09176	Mangos, raw	165	1 cup	257
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	6
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	2
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	5
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	1
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	1
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	4
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	1
09181	Melons, cantaloupe, raw	160	1 cup	494

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09181	Melons, cantaloupe, raw	69	1/8 melon	213
09184	Melons, honeydew, raw	170	1 cup	461
09184	Melons, honeydew, raw	160	1/8 melon	434
01110	Milk shakes, thick chocolate	300	10.6 fl oz	672
01111	Milk shakes, thick vanilla	313	11 fl oz	573
01094	Milk, buttermilk, dried	6.5	1 tbsp	103
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	370
01095	Milk, canned, condensed, sweetened	306	1 cup	1135
01097	Milk, canned, evaporated, nonfat	256	1 cup	850
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	764
01102	Milk, chocolate, fluid, commercial,	250	1 cup	418
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	425
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	423
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	392
01077	Milk, fluid, 3.25% milkfat	244	1 cup	371
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	381
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	407
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	376
16112	Miso	68.75	1 cup	113
19305	Molasses, blackstrap	20	1 tbsp	498
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	534
15157	Mollusks, clam, mixed species, raw	85	3 oz	267
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	310
18274	Muffins, blueberry, commercially prepared	57	1 muffin	70
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70
18279	Muffins, corn, commercially prepared	57	1 muffin	39
18280	Muffins, corn, dry mix, prepared	50	1 muffin	66
18283	Muffins, oat bran	57	1 muffin	289
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	155
11264	Mushrooms, canned, drained solids	156	1 cup	201
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	555
11260	Mushrooms, raw	70	1 cup	259
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	170
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	283
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	8
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	18

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09191	Nectarines, raw	136	1 nectarine	288
20113	Noodles, chinese, chow mein	45	1 cup	54
20110	Noodles, egg, cooked, enriched	160	1 cup	45
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	59
12061	Nuts, almonds	28.35	1 oz (24 nuts)	206
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	170
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	150
12167	Nuts, chestnuts, european, roasted	143	1 cup	847
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313
12104	Nuts, coconut meat, raw	45	1 piece	160
12120	Nuts, hazelnuts or filberts	28.35	1 oz	193
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	103
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	169
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	165
12142	Nuts, pecans	28.35	1 oz (20 halves)	116
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	170
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	52
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	295
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125
20034	Oat bran, cooked	219	1 cup	201
20033	Oat bran, raw	94	1 cup	532
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	515
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	431
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	349
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156
11284	Onions, dehydrated flakes	5	1 tbsp	81
11282	Onions, raw	14	1 slice	22
11282	Onions, raw	110	1 whole	173
11282	Onions, raw	160	1 cup	251
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	276
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	41
09207	Orange juice, canned, unsweetened	249	1 cup	436

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09209	Orange juice, chilled, includes from concentrate	249	1 cup	473
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	473
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1436
09206	Orange juice, raw	86	juice from 1 orange	172
09206	Orange juice, raw	248	1 cup	496
09200	Oranges, raw, all commercial varieties	131	1 orange	237
09200	Oranges, raw, all commercial varieties	180	1 cup	326
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	26
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	67
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	76
09226	Papayas, raw	140	1 cup	360
09226	Papayas, raw	304	1 papaya	781
11297	Parsley, raw	10	10 sprigs	55
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	573
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	416
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125
09246	Peaches, dried, sulfured, uncooked	39	3 halves	388
09250	Peaches, frozen, sliced, sweetened	250	1 cup	325
09236	Peaches, raw	98	1 peach	193
09236	Peaches, raw	170	1 cup	335
16097	Peanut butter, chunk style, with salt	16	1 tbsp	120
16098	Peanut butter, smooth style, with salt	16	1 tbsp	107
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	187
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	187
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	193
09340	Pears, asian, raw	275	1 pear	333
09340	Pears, asian, raw	122	1 pear	148
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	173
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238
09254	Pears, canned, juice pack, solids and liquids	76	1 half	73
09252	Pears, raw	166	1 pear	208
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	384
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	294
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	269
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	710
11670	Peppers, hot chili, green, raw	45	1 pepper	153
11819	Peppers, hot chili, red, raw	45	1 pepper	153

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	226
11333	Peppers, sweet, green, raw	10	1 ring	18
11333	Peppers, sweet, green, raw	119	1 pepper	211
11333	Peppers, sweet, green, raw	149	1 cup	264
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	226
11821	Peppers, sweet, red, raw	149	1 cup	264
11821	Peppers, sweet, red, raw	119	1 pepper	211
11945	Pickle relish, sweet	15	1 tbsp	4
11937	Pickles, cucumber, dill	65	1 pickle	75
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	139
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	121
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	33
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	78
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76
18302	Pie, apple, prepared from recipe	155	1 piece	122
18305	Pie, blueberry, commercially prepared	117	1 piece	59
18306	Pie, blueberry, prepared from recipe	147	1 piece	74
18308	Pie, cherry, commercially prepared	117	1 piece	95
18309	Pie, cherry, prepared from recipe	180	1 piece	139
18310	Pie, chocolate creme, commercially prepared	113	1 piece	144
18316	Pie, coconut custard, commercially prepared	104	1 piece	182
18444	Pie, fried pies, cherry	128	1 pie	83
18319	Pie, fried pies, fruit	128	1 pie	83
18320	Pie, lemon meringue, commercially prepared	113	1 piece	101
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	83
18324	Pie, pecan, commercially prepared	113	1 piece	84
18325	Pie, pecan, prepared from recipe	122	1 piece	162
18326	Pie, pumpkin, commercially prepared	109	1 piece	168
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288
11943	Pimento, canned	12	1 tbsp	19
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	153
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	335
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	51
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	304
09266	Pineapple, raw	155	1 cup	175
09278	Plantains, cooked	154	1 cup	716
09277	Plantains, raw	179	1 medium	893
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	42

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	235
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	71
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388
09279	Plums, raw	66	1 plum	114
07065	Pork and beef sausage, fresh, cooked	26	2 links	49
07064	Pork sausage, fresh, cooked	26	2 links	94
07064	Pork sausage, fresh, cooked	27	1 patty	97
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	92
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	269
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	268
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	304
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	361
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	319
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	382
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	358
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	371
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	279
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	314
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	344
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272
11672	Potato pancakes, home-prepared	76	1 pancake	597
11399	Potato puffs, frozen, prepared	79	10 puffs	300
11414	Potato salad, home-prepared	250	1 cup	635
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	537
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970
11674	Potatoes, baked, flesh and skin, without salt	202	1 potato	844
11363	Potatoes, baked, flesh, without salt	156	1 potato	610
11364	Potatoes, baked, skin, without salt	58	1 skin	332
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	512
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	443
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	209
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11370	Potatoes, hashed brown, home-prepared	156	1 cup	501
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	489
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	628
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	607
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926
05306	Poultry food products, ground turkey, cooked	82	1 patty	221
09294	Prune juice, canned	256	1 cup	707
09292	Prunes, dried, stewed, without added sugar	248	1 cup	828
09291	Prunes, dried, uncooked	42	5 prunes	313
11424	Pumpkin, canned, without salt	245	1 cup	505
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	564
11429	Radishes, raw	4.5	1 radish	10
09298	Raisins, seedless	145	1 cup	1089
09298	Raisins, seedless	14	1 packet	105
09306	Raspberries, frozen, red, sweetened	250	1 cup	285
09302	Raspberries, raw	123	1 cup	187
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	673
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230
14342	Rice beverage, IMAGINE FOODS, RICE DREAM, canned	245	1 cup	69
20037	Rice, brown, long-grain, cooked	195	1 cup	84
20047	Rice, white, long-grain, parboiled, cooked, enriched	175	1 cup	65
20046	Rice, white, long-grain, parboiled, dry, enriched	185	1 cup	222
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	7
20045	Rice, white, long-grain, regular, cooked	158	1 cup	55
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	213
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	37
18350	Rolls, hamburger or hotdog, plain	43	1 roll	61
18353	Rolls, hard (includes kaiser)	57	1 roll	62
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	554
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	6
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	12
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	13
04133	Salad dressing, french, home recipe	14	1 tbsp	3
04134	Salad dressing, home recipe, cooked	16	1 tbsp	19
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	2
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	2
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	26

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04015	Salad dressing, russian, with salt	15.3	1 tbsp	24
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	18
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	17
07069	Salami, cooked, beef and pork	56.7	2 slices	112
07072	Salami, dry or hard, pork, beef	20	2 slices	76
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	17
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	332
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	164
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	480
06150	Sauce, barbecue sauce	15.75	1 tbsp	27
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	19
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19
06166	Sauce, homemade, white, medium	250	1 cup	390
06909	Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	20
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	738
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	34
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	41
11439	Sauerkraut, canned, solids and liquids	236	1 cup	401
11445	Seaweed, kelp, raw	10	2 tbsp	9
11667	Seaweed, spirulina, dried	0.93	1 tbsp	13
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	229
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	62
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	33
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	241
14346	Shake, fast food, chocolate	333	16 fl oz	666
14347	Shake, fast food, vanilla	333	16 fl oz	579
11677	Shallots, raw	10	1 tbsp	33
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	118
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	76
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	67
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	40
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	47
19013	Snacks, fruit leather, pieces	28.35	1 oz	46
19014	Snacks, fruit leather, rolls	21	1 large	62
19015	Snacks, granola bars, hard, plain	28.35	1 bar	95

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19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	96
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	103
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	73
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	93
19034	Snacks, popcorn, air-popped	8	1 cup	24
19036	Snacks, popcorn, cakes	10	1 cake	33
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38
19040	Snacks, popcorn, cheese-flavor	11	1 cup	29
19035	Snacks, popcorn, oil-popped	11	1 cup	25
19041	Snacks, pork skins, plain	28.35	1 oz	36
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	285
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	286
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	141
19411	Snacks, potato chips, plain, salted	28.35	1 oz	361
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	361
19422	Snacks, potato chips, reduced fat	28.35	1 oz	494
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	88
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	61
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77
19056	Snacks, tortilla chips, plain	28.35	1 oz	56
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946
19061	Snacks, trail mix, tropical	140	1 cup	993
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	425
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	402
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	27
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	154
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	100
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	108
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	55
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	33
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	367
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	101

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06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	188
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	300
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	88
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	273
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	270
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	100
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	313
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	260
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	64
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	190
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	209
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	275
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	336
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	306
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	283
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	290
06174	Soup, stock, fish, home-prepared	233	1 cup	336
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	449
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	264
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	173
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	396
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	210
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbs	19
16120	Soy milk, fluid	245	1 cup	345
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbs	29
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	886
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	43
20125	Spaghetti, whole-wheat, cooked	140	1 cup	62
02007	Spices, celery seed	2	1 tsp	28
02009	Spices, chili powder	2.6	1 tsp	50
02010	Spices, cinnamon, ground	2.3	1 tsp	12
02015	Spices, curry powder	2	1 tsp	31
02045	Spices, dill weed, fresh	1	5 sprigs	7
02020	Spices, garlic powder	2.8	1 tsp	31

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02026	Spices, onion powder	2.1	1 tsp	20
02027	Spices, oregano, ground	1.5	1 tsp	25
02028	Spices, paprika	2.1	1 tsp	49
02029	Spices, parsley, dried	1.3	1 tbsp	49
02030	Spices, pepper, black	2.1	1 tsp	26
11658	Spinach souffle, home-prepared	136	1 cup	201
11461	Spinach, canned, drained solids	214	1 cup	740
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	839
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	566
11457	Spinach, raw	10	1 leaf	56
11457	Spinach, raw	30	1 cup	167
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	346
11641	Squash, summer, all varieties, raw	113	1 cup	220
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	896
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	250
09316	Strawberries, raw	12	1 strawberry	20
09316	Strawberries, raw	18	1 strawberry	30
09316	Strawberries, raw	166	1 cup	276
19334	Sugars, brown	3.2	1 tsp	11
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	67
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	19
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	378
11512	Sweetpotato, canned, vacuum pack	255	1 cup	796
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	508
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	287
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	198
19087	Sweets, candies, confectioner's coating, white	170	1 cup	486
19348	Syrups, chocolate, fudge-type	19	1 tbsp	69
19350	Syrups, corn, light	20	1 tbsp	1
19353	Syrups, maple	20	1 tbsp	41
19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	24
09223	Tangerine juice, canned, sweetened	249	1 cup	443
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	197
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	132
20068	Tapioca, pearl, dry	152	1 cup	17
14355	Tea, brewed, prepared with tap water	178	6 fl oz	66
14545	Tea, herb, chamomile, brewed	178	6 fl oz	16
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	16

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14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	40
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	49
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	47
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	58
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	82
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	143
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	144
11954	Tomatillos, raw	34	1 medium	91
11540	Tomato juice, canned, with salt added	243	1 cup	535
11546	Tomato products, canned, paste, without salt added	262	1 cup	2455
11547	Tomato products, canned, puree, without salt added	250	1 cup	1065
11549	Tomato products, canned, sauce	245	1 cup	909
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	607
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	530
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	400
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	38
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	44
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	273
11955	Tomatoes, sun-dried	2	1 piece	69
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	47
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	40
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	42
21088	Tostada with guacamole	130.5	1 tostada	325
05286	Turkey and gravy, frozen	142	5-oz package	87
05292	Turkey patties, breaded, battered, fried	64	1 patty	176
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	244
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	290
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	256
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	417
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	226
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	211
02050	Vanilla extract	4.2	1 tsp	6
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	326
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	251
11578	Vegetable juice cocktail, canned	242	1 cup	467
04582	Vegetable oil, canola	14	1 tbsp	0

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11581	Vegetables, mixed, canned, drained solids	163	1 cup	474
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	308
07083	Vienna sausage, canned, beef and pork	16	1 sausage	16
02048	Vinegar, cider	15	1 tbsp	15
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	42
18367	Waffles, plain, prepared from recipe	75	1 waffle	119
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	165
09326	Watermelon, raw	286	1 wedge	332
09326	Watermelon, raw	152	1 cup	176
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	134
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155
20083	Wheat flour, white, bread, enriched	137	1 cup	137
20084	Wheat flour, white, cake, enriched	137	1 cup	144
20080	Wheat flour, whole-grain	120	1 cup	486
20089	Wild rice, cooked	164	1 cup	166
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	178
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	434
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	443
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	579
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	352